

NNLS's ***Come Fress with Me*** programme has two aims – to raise money for the NNLS building fund and to enable you to meet other members you might otherwise not meet.

Based on *Come Dine with Me*, participants are grouped into parties of four persons. Each participant in turn hosts a dinner party at their home for themselves and the three other members of their group.

The host prepares a menu, for a three course meal, which is circulated to their guests in advance. They then arrange the dinner party, and cook the meal. Guests come to dinner and everyone, hopefully, has a very enjoyable evening. The guests score the success of the dinner party out of 10 and send their score to the organisers along with a copy of the recipes which will be collated into an **NNLS recipe book**.

#### Rules

- £10 programme participation fee (goes to the NNLS building fund)
- Cost of hosting dinner party covered by the host
- Maximum limit on expenditure £40 per party
- All food must be prepared from scratch by the host
- Participants must be NNLS members
- Party must be hosted in own home
- Food must be kosher (see guidelines below)
- Participants must commit to completing the series of four parties

#### Kashrut

Each of us rightly decides for ourselves what we do in our own home, so in order to ensure that all members can join in, and we can all feel comfortable in entertaining and being entertained, we ask that participants follow these Kashrut guidelines when hosting *Come Fress with Me* meals.

These guidelines are purely to ensure everyone is using the same standards for this programme, so that everyone can join in. If you want to take part but have some questions about your planned menu and Kashrut, don't worry, help is on hand, just contact **Rabbi Chaim Weiner** at [weiner@masorti.org.uk](mailto:weiner@masorti.org.uk)

#### Kosher Food

Herbs and Spices can be used, but any other flavourings, packaged or pre-prepared ingredients need to have a hechsher (Kashrut symbol). This will also tell you if it is meat, dairy or parev.

#### Milk and Meat

You need to decide if you are going to serve a milk or meat meal as these cannot be mixed. Milk includes milk products such as cheese, butter and cream. However, there are good substitutes around – you can use soya milk, soya ice cream, soya cream and even soya cheese in a meat meal – just substitute the soya alternative in the same quantities for milk products in a recipe. You can buy parev cream, but be aware it is already sweetened so remove the sugar from your recipe.

#### Meat

This must be purchased from a kosher butcher or in sealed packs with a hechsher (Kashrut symbol) on it.

#### Fish

Unless you are buying from a kosher fishmonger you need to check that the fish you intend to use is kosher. There is a list of all kosher fish below. There are no kosher shellfish. Although fish is parev, and therefore can be part of a meat or milk meal, it cannot be served on the same plate as meat, or as part of the same course.

#### Cheese

Most cheese is made with rennet that comes from animals so you need to buy cheese that is kosher or 'suitable for vegetarians'.

#### Vegetables, Salads and Fruit

All vegetables, salad items and fruit are kosher but they must be carefully washed to ensure any bugs are removed. This is particularly true of salad leaves, leafy vegetables and berries.

#### Cooking Implements, crockery and cutlery

If you have separate cooking implements (this includes mixers and processors), separate crockery and cutlery for meat and milk and only buy kosher meat then you can use these for this programme. If you don't please buy some cheap saucepans, bowls and implements/equipment for preparation and use disposable (but as environmentally friendly as possible) baking dishes, plates and cutlery.

#### Fish

All fish is parev. Kosher fish can be bought fresh, smoked or frozen, as long as it has no additives. Minced fish should be bought from a kosher fishmonger to ensure it only contains kosher species. Kosher fish are:-

Anchovy	Dab	Ling	Redfish	Tilapia
Barbel	Dace	Mackerel	Roach	Trout
Bass	Flounder	Mock Halibut	Saithe	Tuna (Tunny)
Bloater	Fluke	Mullet Grey	Salmon	Whitebait
Bonito	Grayling	Mullet Red	Sardine	Whiting
Bream Fresh Water	Gurnard	Norway Haddock	Shad	
Bream Salt Water	Haddock	Parrot Fish	Sild	
Brill	Hake	Perch	Smelt	
Brisling	Halibut	Pike	Snapper	
Buckling	Herring	Pilchard	Snoek	
Carp	Hoki	Plaice	Sole Dover	
Coalfish	John Dory	Pole	Sole Lemon	
Cod	Keta Salmon	Pollack	Sprat	
Coley	Kipper	Rascasse	Tench	

For more information, or to register,  
please contact Sharon & David  
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